

# DIY Fitness Test

Standard UK norms by age group

Fitness Test 1 – Sit to Stand (No. of repetitions in 30 seconds)

Age Group	60+ Female	60+ Male	70+ Female	70+ Male	80+ Female	80+ Male	90+ Female	90+ Male
Excellent	17+	19+	15+	17+	14+	15+	11+	12+
Above Average	16	17	14	16	12	13	9	11
Average	14	16	12	14	11	12	7	9
Below Average	12	14	11	12	9	10	5	8
Needs Practice	10	12	9	10	7	8	3	6

Fitness Test 2 – Arm Curls (No. of repetitions in 30 seconds)

Age Group	60+ Female	60+ Male	70+ Female	70+ Male	80+ Female	80+ Male	90+ Female	90+ Male
Excellent	19+	22+	17+	21+	16+	19+	13+	14+
Above Average	17	20	16	19	14	17	12	13
Average	16	18	14	17	12	15	10	12
Below Average	14	17	12	15	11	14	9	10
Needs Practice	11	14	10	12	9	12	7	8

Fitness Test 3 – Step Test (No. of times right knee is lifted in 2 minutes)

Age Group	60+ Female	60+ Male	70+ Female	70+ Male	80+ Female	80+ Male	90+ Female	90+ Male
Excellent	105+	115+	100+	110+	90+	100+	70+	85+
Above Average	95	105	90	100	80	90	65	80
Average	90	100	80	90	70	85	55	65
Below Average	80	90	70	85	65	75	50	55
Needs Practice	75	80	60	70	50	60	35	45

Fitness Test 4 – Seated Reach (No. of inches short of (-) or beyond (+) the toes)

Age Group	60+ Female	60+ Male	70+ Female	70+ Male	80+ Female	80+ Male	90+ Female	90+ Male
Excellent	+5	+3.5	+3.5	+2.53	+3	+1.5	+1	-0.5
Above Average	+3	+1.5	+2.5	+1	+1	-0.5	+0.5	-2.5
Average	+1.5	0.0	+1	-0.5	+0.5	-2.5	-2	-4
Below Average	0.0	-1.5	-0.5	-2.5	-1.5	-4.5	-3.5	-5.5
Needs Practice	-2	-4.5	-1	-5	-3.5	-7	-6	-8

Fitness Test 4 – Back Hand Reach (No. of inches short of touching (-) or overlap (+) of the fingers)

Age Group	60+ Female	60+ Male	70+ Female	70+ Male	80+ Female	80+ Male	90+ Female	90+ Male
Excellent	+1.5	0.0	+1	-1	0.0	-2	-1	-4
Above Average	0.0	-2	-1	-3	-1.5	-4	-3	-6
Average	-1.5	-4	-2	-5	-3	-6	-5	-8
Below Average	-2.5	-6	-3.5	-7	-4.5	-8.5	-7	-10
Needs Practice	-3	-8	-4	-10	-5	-11	-7.5	-12

Fitness Test 5 – Balance (No. seconds balance maintained)

Age Group	Under 40	Under 60	Under 75	Over 75
Target	45	40	30	20